Dear Parent/Guardian:

As you are likely well aware, we are living in an environment incredibly saturated by technology. As an educator, I have found that digital media can interfere with a teenager’s social, emotional and physical well being, and certainly hinder academic success. In addition, I have found that they rarely disconnect from all forms at once. Thus, I am introducing a voluntary project called: Project Disconnect. This project is an opportunity for your son or daughter to completely disconnect from all forms of media for a 24 or 48 hour period. The project would include giving up the following for 24/48 hours: cellphone, laptop, television, video games, I-pads/I-pods, music listening devices, and any other digital media they use on a daily basis. Through participation in the project it is my hope that they can be reminded about the importance of communication, non-digital interaction, and family. Unfortunately, many parents do not realize the extent to which their son/daughter is “connected” and I would encourage you to use the project as a platform to discuss digital boundaries. Our class discussions involved topics such as: Disconnecting during dinner; shutting the phone off at bed time; and turning the phone off or putting it away while doing homework/studying, etc.

The project would require you to monitor your child while with them and ensure that they do not use the above devices, and also that you give permission for them to leave their cellphone, laptop and music listening devices at the school. These devices would be placed in a locked cabinet in the building and thus safe from damage or theft. Participating in this project and then submitting a written reflection describing the experience will be awarded with extra credit during the semester in a place that will be most beneficial to the student’s overall grade. I hope you will consider allowing your son/daughter to participate in this project, as well as encouraging them to “disconnect” from time to time!!

Please feel free to contact me with questions!

Sincerely,

Sarah Drury

Health Teacher

Gorham High School

[sarahdr@gorhamschools.org](mailto:sarahdr@gorhamschools.org)

222-1092

I agree to allow my son/daughter to participate in Project Disconnect at Gorham High School. I understand that giving my permission means that they will not have their cell phone, laptop, or music listening device for a 24 or 48 hour period. I also will do my best to ensure that they follow the guidelines listed above.

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Printed Name Student’s Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My son/daughter will be disconnecting for:

Signature 24 hours 48 hours (circle one)

Your son/daughter will be asked to get your signature again after the 24-48 hour period is complete, in order to ensure that they followed the guidelines described above!

Dear Parent/Guardian:

Thank you for allowing your son/daughter to participate in Project Disconnect! In order to complete the project, students are expected to write a reflection in regard to the prompt below, as well as obtain a second signature from their parent/guardian, ensuring that they completed the project as previously described.

By signing below, I believe that my son/daughter followed the guidelines for Project Disconnect. Those guidelines included abstaining from: a cellphone, television, Internet, video games, mp3 players, and any other digital media, unless required for schoolwork.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Printed Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

Please provide any comments you would like below:

**Student Reflection Writing Prompt:**

Please respond in typed format to the questions below. You have one week following completion of the assignment to submit the reflection. You are expected to provide a thoughtful response to each prompt.

Why did you decide to participate in this project?

What was it like to “disconnect” for 24/48 hours? Please describe in detail.

Will this project impact your future use of digital media, why or why not?

What are your thoughts about teenagers today in regard to digital media use? Is it a problem, why or why not?